

Spinacia oleracea (Chenopodiaceae)

Common name(s)

Po Leng Ts'Ai; Spinagh; Epinarid; Spinach; Ispanak; Po Ssu Ts'Ao; Po Ts'Ai; Espinaca; Ispinakh; Ch'Ih Ken Ts'Ai

Use	Country/Region	Reference
Anemia	Haiti	Brutus, T.C., and A.V. Pierce-Noel. 1960. Les Plantes et les Legumes d'Hati qui Guerissent. Imprimerie De L'Etat, Port-Au-Prince, Haiti.
Antivinous	China	Shih-chen, Li. 1973. Chinese medinal herbs. Georgetown Press, San Francisco.
Astringent	Turkey	Steinmetz, E.F. 1957. codex Vegetabilis. Published by the author, Amsterdam.
Bactericide	Elsewhere	
Bowel	Elsewhere	
Bowel	Iraq	Al-Rawi, Ali. 1964. Medicinal Plants of Iraq. Tech. Bull. No. 15. Ministry of Agriculture, Directorate General of Agricultural Research Projects.
Carminative	China	Shih-chen, Li. 1973. Chinese medinal herbs. Georgetown Press, San Francisco.
Demulcent	Turkey	Steinmetz, E.F. 1957. codex Vegetabilis. Published by the author, Amsterdam.
Demulcent	Elsewhere	
Depurative	Haiti	Brutus, T.C., and A.V. Pierce-Noel. 1960. Les Plantes et les Legumes d'Hati qui Guerissent. Imprimerie De L'Etat, Port-Au-Prince, Haiti.
Depurative	Dominican Republic	Liogier, Alain Henri. 1974. Diccionario Botanico de Nombres Vulgares de la Espanola. Universidad Nacional Pedro Henriquez Urena, Santo Domingo.
Diuretic	Elsewhere	
Diuretic	Turkey	Steinmetz, E.F. 1957. codex Vegetabilis. Published by the author, Amsterdam.
Fatigue	Haiti	Brutus, T.C., and A.V. Pierce-Noel. 1960. Les Plantes et les Legumes d'Hati qui Guerissent. Imprimerie De L'Etat, Port-Au-Prince, Haiti.
Fever	Elsewhere	
Inflammation	Iraq	Al-Rawi, Ali. 1964. Medicinal Plants of Iraq. Tech. Bull. No. 15. Ministry of Agriculture, Directorate General of Agricultural Research Projects.
Inflammation	Elsewhere	
Laxative	Turkey	Steinmetz, E.F. 1957. codex Vegetabilis. Published by the author, Amsterdam.
Rachitis	Haiti	Brutus, T.C., and A.V. Pierce-Noel. 1960. Les Plantes et les Legumes d'Hati qui Guerissent. Imprimerie De L'Etat, Port-Au-Prince, Haiti.
Refrigerant	Turkey	Steinmetz, E.F. 1957. codex Vegetabilis. Published by the author, Amsterdam.
Refrigerant	China	Shih-chen, Li. 1973. Chinese medinal herbs. Georgetown Press, San Francisco.
Thirst	China	Shih-chen, Li. 1973. Chinese medinal herbs. Georgetown Press, San Francisco.
Tuberculosis	Haiti	Brutus, T.C., and A.V. Pierce-Noel. 1960. Les Plantes et les Legumes d'Hati qui Guerissent. Imprimerie De L'Etat, Port-Au-Prince, Haiti.
Tumor	US	Hartwell, J.L. 1967-71. Plants used against cancer. A survey. Lloydia 30-34.